

TIPS FOR PARENTS TO AVOID ALCOHOL, TOBACCO AND OTHER DRUG PROBLEMS IN CHILDREN

- ' **TALK TO YOUR CHILDREN.** Give accurate information. Start early and keep talking.
- ' **LISTEN TO YOUR CHILDREN.** You will learn what they are dealing with and what they need to know.
- ' **STATE CLEARLY THAT YOU DO NOT WANT AND DO NOT EXPECT YOUR CHILD TO USE ALCOHOL, TOBACCO, OR OTHER DRUGS.** [All are illegal for underage children.]
- ' **BE AWARE OF AND DISCUSS ALCOHOLISM IN THE FAMILY, OR OTHER FACTORS THAT PUT YOUR CHILDREN AT RISK.**
- ' **BUILD ON THE ASSETS IN YOUR CHILD, FAMILY, SCHOOL, AND COMMUNITY.**
Every child, family, school, and community has strengths and positive qualities to celebrate and nurture.
- ' **HAVE FAMILY RULES.** Enforce them and carry out logical and clearly stated consequences.
- ' **PROVIDE GOOD ROLE MODELING.** Parent behavior is the biggest influence on a child's use of alcohol, tobacco or other drugs.
- ' **START EARLY BY PREVENTING TOBACCO USE.** Smoking is an indicator for later marijuana use and other risky behaviors.
- ' **EMPHASIZE THE RISKS OF ALCOHOL.** A child's belief that a drug is harmless or acceptable increases their risk of using. Emphasize that alcohol—
 - < is illegal for persons under 21
 - < is immediately harmful to health
 - < alters judgment and perception
 - < has effects which interfere with physical, emotional and social growth and brain development
 - < can cause inappropriate, risky, and unintended behavior, dependence, addiction, and death from intoxication.
- ' **KNOW WHAT YOUR CHILDREN ARE DOING —** The people they associate with, what they do after school, what's in their bedroom.
- ' **KNOW YOUR CHILDREN'S FRIENDS AND THEIR PARENTS. SUPERVISE ACTIVITIES AND AFTER SCHOOL HOURS.**
- ' **HELP YOUR CHILD DEAL WITH MEDIA, PEER, AND SOCIAL PRESSURES.** Rehearse with them how to make a good decision, say "no," and avoid risky situations. Discuss TV, movies, and music with them.
- ' **TALK TO YOUR CHILDREN EVEN IF YOU HAVE USED ALCOHOL, TOBACCO, OR OTHER DRUGS YOURSELF.**
 - Don't lie, but don't dwell on the subject either.
 - Avoid discussion which could glamorize use, or give an unintended "I survived, you can too" message.
 - Stress that today we know better about the hazards of alcohol, tobacco and other drugs.
 - If you smoke, express your wish that you were not dependent.
 - Say the discussion is not about your past mistakes, but about mistakes your child must avoid.
- ' **HUG YOUR CHILDREN AND TELL THEM THAT YOU LOVE THEM!** Their world is not an easy place to be in. They need your supervision and your love.